

# AOK™ mediBall® Practitioner Kit



**The mediBall Basics Kit includes:**

- DVD
- Wall Chart
- Prescription Pad

**All exercises are numbered and in same sequence for easy reference.**

## mediBall® Basics DVD

An instructional DVD that explains the relationship between anatomy, stabilisation systems and exercise. Over 38 exercises and stretches are demonstrated - highlighting base positions and progressions. This 48 min DVD will help develop postural, flexibility, stability and strength. Each exercise is referenced to the wallchart and prescription pad for easy recall. Practitioner Volume Discounts Apply.

**RRP: \$34.95**

## Laminated Wall Chart

A visual representation of the mediBall exercises, stretches and abdominal workout using the same reference system as the video for ease of use.

Laminated A2 size. **RRP: \$17.50**

## Prescription Pad

Designed as a tool for practitioners and trainers who prescribe exercise from either the video or wall chart. Record keeping in the rehabilitation environment is essential to maintain your clients progress.

A4 size, 50 duplicates. **RRP: \$17.50**



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